

St Benedict's Parish Arcadia



THE ASCENSION OF THE LORD

YEAR A

20 & 21 MAY 2023

PARISH Masses

Weekend:

Saturday 7:00pm Vigil
Sunday 9:00am
Sunday 10:30am



Weekday:

Mondays to Thursdays 9:30am
Fridays 6.30pm Adoration
7:00pm Mass & Confession
(Reconciliation)
Saturdays 10am to 11am
Adoration & Confession
(Reconciliation)

MONASTERY CHAPEL Masses

Sundays 7:00am
Daily 7:00am

Please contact Father Shansana for the following:

BAPTISMS

RECONCILIATION

FOR THE SICK

MARRIAGES

FUNERALS

Fr Shansana: 0437 884 233

ENTRANCE ANTIPHON

Men of Galilee, why gaze in wonder at the heavens?
This Jesus whom you saw ascending into heaven
will return as you saw him go, alleluia.

SUNDAY HOLY MASS PRAYER

Gladden us with holy joys, almighty God,
and make us rejoice with devout thanksgiving,
for the Ascension of Christ your Son
is our exaltation,
and, where the Head has gone before in glory,
the Body is called to follow in hope.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. **Amen.**

SELF REFLECTION: I AM WITH YOU ALWAYS

Sunday's Gospel, Matthew 28:16-20

Jesus says "And know that I am with you always; yes, to the end of time". Wow, to know that Jesus is always with us! That is the most comforting statement in the Bible! All He asks of us is to go out and teach others the commands He taught us for a happy life.

- **Do I believe that Jesus is with me now?**
- **Am I willing to teach others to follow Jesus?**
- **How would I ask others to follow Jesus?**
- **Will I start by asking the ones at my home, work or friends?**
- **What kind of me is God calling me to be?**



PRAYER:

Dear Lord, you have promised to be with us always. Give me strength and let me be faithful to this charge, reaching out to my loved ones at home, my work and my friends in words and deeds of love. Amen.

First Reading: Acts 1:1-11 (JB)

A reading from the Acts of the Apostles

Why are you standing here looking into the sky? Jesus has been taken into heaven.

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

The word of the Lord.

Thanks be to God.

Responsorial Psalm:

**R. God mounts his throne to shouts of joy:
a blare of trumpets for the Lord.**

Second Reading: Ephesians 1:17-23 (JB)

A reading from the letter of St Paul to the Ephesians

He made Jesus to sit at his right hand in heaven.

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named, not only in this age, but also in the age to come. He has put all things under his feet, and made him as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

Go and teach all people my gospel.

I am with you always, until the end of the world.

Alleluia!

GOSPEL: Matthew 28:16-20 (JB)

A reading from the holy Gospel according to Matthew

All authority in heaven and on earth has been given to me.

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Source: Liturgia Brisbane 2023



GOSPEL REFLECTION

Sunday, May 21
The Ascension of the Lord
Acts 1:1-11
Psalm 47:2-3, 6-9
Ephesians 1:17-23
Matthew 28:16-20



You will be my witnesses. (Acts 1:8)

Today's first reading describes the last time the apostles saw the risen Christ. Luke describes the scene in the very first chapter of his Book of Acts, but words alone can't capture the amazement and wonder the apostles must have felt when they saw Jesus "lifted up" into heaven (Acts 1:9). They were blessed indeed to be eyewitnesses of all that Jesus said and did, from the beginning of his ministry up to this dramatic moment.

But along with this privilege came a great responsibility. In his final instructions to his apostles, Jesus said, "You will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth" (Acts 1:8). This was their new purpose in life, the very reason why Jesus had chosen them in the first place. Upon their eyewitness accounts would rest the faith of millions of believers—and the entire Church—through the centuries.

Of course, many other people have followed in the apostles' footsteps by witnessing to Christ. They may not have seen Jesus firsthand, but they have experienced his presence and the power of his Holy Spirit in their lives. In fact, every person who calls himself a believer is also, by default, a witness to Christ.

Do you think of yourself as a witness? If you follow Jesus, you can't help being one. You witness by the values that guide you, by the love you show others, and by your life of prayer. You witness when you share how God is working in your life or how he has forgiven you or answered a prayer.

Jesus' final words at his Ascension weren't just for his apostles; they are for you, too. So how might you witness to Jesus today? Every day presents a new opportunity—one that might just lead another person to a new or deeper love of the Lord.

"Holy Spirit, open my eyes to the ways I can witness to you today."

Source: Word Among Us India Apr-May23 pg.53

LITURGICAL FEASTS AND EVENTS OF THE WEEK

May

Monday 22 Readings: Acts 19:1-8. Jn 16:29-33.
R: Sing to God, O kingdoms of the earth.
St Rita of Cascia, religious.

Tuesday 23 Readings: Acts 20:17-27. Jn 17:1-11.
R: Sing to God, O kingdoms of the earth.

Wednesday 24 Readings: Sirach 4:11-18. 1 Cor 1:18-25. Jn 19:25-27.
R: Blessed be the name of the Lord for ever.
OUR LADY, HELP of CHRISTIANS.

Thursday 25 Readings: Acts 22:30, 23:6-11. Jn 17:20-26.
R: Keep me safe, O God; you are my hope.
St Bede the Venerable, priest, doctor.
St Gregory VII, pope.
St Mary Magdalene De'Pazzi, virgin.

Friday 26 Readings: Acts 25:13-21. Jn 21:15-19.
R: The Lord has set his throne in heaven.
St Philip Neri, priest.

Saturday 27 Readings: Acts 28:16-20, 30-31. Jn 21:20-25.
R: The just will gaze on your face, O Lord.
St Augustine of Canterbury, bishop.



Source: Ordo 2023

POPE FRANCIS' PRAYER INTENTION FOR MAY 2023

For church movements and groups

We pray that Church movements and groups may rediscover their mission of evangelization each day, placing their own charisms at the service of needs in the world. Amen.



THE RULE OF ST BENEDICT

Chapter 4

To reverence the old.

PARISH FUNDS

Your support as always is much appreciated. For those wanting to make payments directly to our bank account here are the details:

Bank Details for ONLINE only donations:

BSB: 062 784 Acct: 100002141

Name: Catholic Parish of Arcadia Bank:

CBA—Catholic Development Fund

MENALIVE - MEN'S WEEKENDS

menALIVE is a National Catholic Ministry to Men which was founded out of a response to a great need in the hearts and lives of men, and a great need in the life of the Catholic Church.

We invite all men to explore what God would want for their lives and how they might come to experience the fullness of life that God wants for us all.

Dates

Saturday 27 and Sunday 28 May at Harrington Hall, Our Lady of Dolours Chatswood (94 Archer Street, Chatswood). www.menalive.org.au

SACRAMENTAL PROGRAM

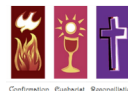
OUR NEXT SACRAMENTAL PROGRAM

is now open, commencing with Confirmation (child must be in year 3 or above, this year). Confirmation classes will be held in August 2023.

The forms are available in the sacristy, otherwise please email the parish if you would like your child to be added to the list. The form is also available on the parish website.

In the Diocese of Broken Bay, the order of receiving of the sacraments is:

Confirmation, Reconciliation, then Eucharist. Children are usually prepared for these sacraments in Years 3 and 4.



Aid to the
Church in Need

ACN AUSTRALIA NEW ZEALAND

The Catholic Charity **Aid to the Church in Need** has launched their "Nigeria: Young. Faithful. Crucified" global campaign.

Did you know that in 2022 a total of 5,014 Christians were killed for their faith in Nigeria? These were not Nigerians who happened to be Christian, but rather, their allegiance to the Lord saw them face a brutal death.

This is a Church being crucified with Christ. To watch testimonies and to make an offering visit www.aidtochurch.org/nigeriaglobal or scan the QR code.



ROSARY AFTER MASS

FOR THE MONTH OF MAY

The Rosary will be recited after the morning weekday Masses for the month of May. Please join us and pray for your loved ones, your community and for the needs of the world.

In Our Parish

(please let us know if you would like someone added here)

We welcome into God's family, all who were recently baptised.

We pray for the sick of our Parish, especially **Gina Volpato (John's mum), Tony Takchi, Brother Mario & Brother Terry, Koana Zouein (Rita Sarkis' mum) and Jenny Taylor.**

We remember in our prayers all our dearly beloved who have died, especially **Mania BouMerhe.**



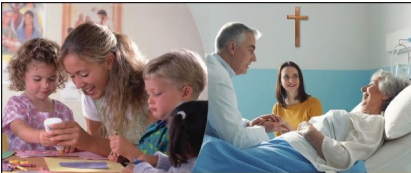
IGNITE CONFERENCE 2023

Ignite Conference is a gathering of Catholics for four days of formation, renewal of faith, and powerful worship. It is a conference for all; kids, high school students, and young adults, and deeper sessions for adults, specifically parishioners, priests, religious, ministry leaders, parents, and grandparents. There is something for everyone at the Ignite Conference. A conference for everyone, from leaders to first-time believers. This is the Church gathered and alive on mission. This is God's people united with one heart.

Ignite Conference is a gathering of Catholics for four days of real-world formation, renewal of faith, great people and powerful worship.

Join over 2000 high schoolers, young adults, leaders, teachers, priests and religious taking part in a life changing encounter with God and His Church.

Registrations for this significant gathering are now open. Click here <https://igniteconference.com.au/> to learn more about the conference and how to register.



PASTORAL WORKS Broken Bay

Pastoral Works Broken Bay is the pastoral charity of the Catholic community in Broken Bay.

Every gift makes a difference to someone in hospital, school, a parish or the wider community.

Most Rev Anthony Randazzo DD JCL
Bishop of Broken Bay

Thank you for your generosity

Your generosity means the Church can be there during times of great need, renewing and rebuilding their lives. Your donations support two key diocesan ministries:



Confraternity of Christian Doctrine

Catechists taking the gospel to State school students.



Hospital Chaplaincy & Pastoral Care Practitioners

Helping those who are vulnerable, experiencing loneliness or are sick in hospital.



St Lucy's School

Serving year K-12 students with disabilities.



St Edmund's College

Serving year 7-12 students with disabilities.



Ephphata Centre

Pastoral care, sacraments, and advocacy for the deaf community.



All donations over \$2 are tax deductible. ABN 87 849 944 998
To donate, complete the form in the envelope available in your parish and return to your parish.
Or go online by scanning the QR code or visiting: bbcatholic.org.au/pastoralworks. Thank you.

PASTORAL WORKS

Your support and generosity are vitally important. It has made a huge difference in the past to many people and the May appeal will do so again.

You may decide to contribute this weekend or next or perhaps later in the month. At any time, we can support each other and our community.

There are some envelopes in the Church which is separate to the parish Collection.

Or you can donate online by visiting the Diocese of Broken Bay website or the QR code featured on the envelopes. All donations over \$2 are tax deductible. **These donations contribute to our Parish target for these ministries to amount to a little over one million dollars.**

Everyone's gift you give makes a difference.

Thank you and God bless you for your time and generosity.

CATECHISTS' NEWS

"Saint Luke begins his Gospel by stating: 'I too have decided, after investigating everything accurately anew, to write it down in an orderly sequence for you, most excellent Theophilus, so that you may realize the certainty of the teachings you have received' (Lk 1:3-4). The evangelist seems to be well aware that his writings offer a specific form of instruction that can give firm assurance to those already baptized. The Apostle Paul, for his part, tells the Galatians that: 'one who is being instructed in the word should share all good things with his instructor' (Gal 6:6). As is evident, this text provides yet another detail; it speaks of the communion of life as a sign of the fruitfulness of an authentic catechesis." Pope Francis Apostolic Letter 10 May 2021 Instituting the Ministry of Catechist

Free training available for all Catechists (to register email registrations@bbcatholic.org.au) –

- Level 1 Training – third session 'Listening and Questioning' on Tuesday 23 May 6:30pm - 8:30pm and Monday 22 May 10am – 12:30pm. The following session is "Music, Stories and Drama in the Classroom"
- Safeguarding Children training for all Catechists Thursday 15th June 9.30am – 12.30pm in the parish

If you would like to learn more about being a Catechist or a helper, please talk to myself, or one of our parish Catechists or any of our priests. Training, a Teacher's Manual and workbooks are provided free.

God bless,
Miriam Brown srearcadia@gmail.com
Parish Catechist Coordinator



PLANNED GIVING ENVELOPES 2023/2024

Envelopes are ready for collection for the year 2023/2024. They are in alphabetical order on the front pew of the church. Please collect them ASAP.

"Faith is the realisation of what is hoped for and evidence of things not seen." - Hebrews 11:1

This quote reminds us to have faith in God and rely on Him to guide us through difficult times. We are not alone in our struggles and as Christians we trust in God's plan for our lives.

CCC PRAYER GROUP

Prayer meeting held every
Friday nights: after 7pm Mass
Wednesday mornings: after 9.30am Mass.
Everyone welcome. **Come and meet new people.**
For more details call Mary Camilleri on 0403 116 987.



ITALIAN ROSARY GROUP

Every Monday 2.00pm.
Everyone welcome.
For more details call Angela Egiziano.
Ph: 9653 2312.



MY BODY SAFETY RULES

CatholicCare
Diocese of Broken Bay



MY BODY BELONGS TO ME, AND IT'S MINE ONLY

I can say no if I don't want to kiss or hug someone. Instead I can give them a high five, shake their hand or blow them a kiss.

EARLY WARNING SIGNS

If I feel scared or unsafe I may sweat a lot, get a sick tummy, become shaky and my heart might beat really fast. These feelings are called early warning signs. If I feel this way about anything, I must tell an adult on my Safety Network straightaway.

This resource is based on content provided by e2epublishing.info



I KNOW MY SAFETY NETWORK

I have five adults I trust. I can tell these people anything and they will believe me. If I feel worried, scared or unsure, I can tell someone in my Safety Network how I am feeling and why I feel this way.



PRIVATE PARTS

My private parts are the parts of my body under my swimmers. My mouth is a private part too. I always call my private parts by their correct names. No one can touch my private parts. No one can ask me to touch their private parts. And no one should show me pictures of private parts. If any of these things happen, I must tell a trusted adult on my Safety Network straightaway.



SECRETS

I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network!

SHARE THE SAFETY RULES ON THE FLIP SIDE WITH YOUR CHILD



CREATING CONNECTION IN FAMILIES HELPS KEEP CHILDREN SAFE. FAMILIES ARE ENCOURAGED TO CREATE:

Time to talk by having a family meal at the table – better still cook the meal together

Openness by sharing some of your own childhood experiences, including the times you have had to be resilient and the lessons you have learned experiences, both good and bad

Connection by making time to let your child choose a fun activity you can do together

Opportunities for your child to share through conversations – make the most of your times together

Security by reassuring your child you are always there for them and there is nothing they can't tell you

Safety by empowering your child with knowledge on how to keep themselves safe, both physically and emotionally

1800 324 924 | www.catholiccaredbb.org.au

Saint Bede the Venerable, Priest and Doctor



Feast Day May 25

C. 673-735

Patron Saint of lectors, scholars, English writers, and historians

Bede was born near a Benedictine Monastery in Wearmouth and Jarrow, modern-day Tyne and Wear, in the northeastern part of the United Kingdom. As was common at that time, Bede was given to the care of the monks of Wearmouth at the age of seven with the expectation that he would remain with them and become a monk himself. A few years later, young Bede was sent across the river to the monks' newly founded sister monastery at Jarrow. In 686, when Bede was about thirteen years old, a severe plague ravaged the monastery, leaving only Bede and Abbot Ceolfrid alive. One of the central duties of the monks was the chanting of the Divine Office, which the oblate Bede and the abbot continued faithfully.

After more than a decade of study and prayer under Abbot Ceolfrid, Bede was ordained to the diaconate at the age of nineteen. Eleven years later, he was ordained to the priesthood at the age of thirty. Bede describes the thirty-two years of his priestly ministry as a monk this way: "From the time when I received priest's orders, till the fifty-ninth year of my age, I have made it my business, for my own needs and those of my brethren, to compile out of the works of the venerable Fathers, the following brief notes on the Holy Scriptures, and also to make some additions after the manner of the meaning and interpretation given by them..."

Bede was a good Benedictine monk. According to the Benedictine Rule, Bede took a vow of stability, meaning he might never have left his monastery, except possibly for occasional short visits to nearby monasteries to assist with teaching. Within his monastic cell, Bede wrote more than forty books, twenty-five of them being commentaries on the Sacred Scriptures. He also wrote books on history, rhetoric, grammar, the calculation of time, biographies, theology, and poetry.

Bede's most famous book was written when he was fifty-nine, *The Ecclesiastical History of the English People*. This book begins with a description of Britain and Ireland and their ancient inhabitants. From there, he traces the role of the Roman Empire in Britain, starting with Julius Caesar until Saint Alban, the first British martyr, and on through the early Christianization of the isle. After Britain was conquered by the Anglo-Saxons in the early fifth century, Bede describes the new evangelization initiated by Pope Saint Gregory the Great at the end of the sixth century and carried out by Saint Augustine of Canterbury. The bulk of his Ecclesiastical History then focuses upon the growth of the Church in England in the sixth and seventh centuries. Most importantly, this work ties the Anglo-Saxon people back to the Church in Rome. Though the Roman Empire no longer ruled Britain, the Catholic Church centered in Rome was the country's true spiritual ruler. Bede especially saw Pope Saint Gregory the Great as the instrument of salvation for the Anglo-Saxons to whom he belonged.

Another of Bede's great contributions to the Universal Church was his treatise "On the Reckoning of Time," in which he taught the correct calculation of months and years. This work was significant because it enabled the Church in England to accept the correct day on which to celebrate Easter each year. This work also helped the world establish the current calendar that begins at the birth of Christ, solidifying the use of the term *Anno Domini* (A.D.), "in the year of our Lord."

Bede's commentaries on Scripture are deeply rooted in the writings of the Church Fathers but also broke new ground. Bede follows an allegorical and a moral approach by which he interprets the various passages of Scripture in the light of the death and Resurrection of Christ, emphasizing the Scripture's deeper symbolic meaning, rather than just giving a literal interpretation.

After his death, Bede's works became the foundation for much learning throughout Europe. He was described by his contemporaries as "the school-master of his age" and "the candle of the Church, lit by the Holy Spirit." His works were copied over and over again, formed monks throughout Europe, and had an undeniable influence upon the whole history of the Church. By the ninth century, Bede was referred to as the "Venerable Bede" in two Church councils. Saint Bede's enduring influence has been felt so strongly that more than a millennia after his death, he was declared a Doctor of the Church by Pope Leo XIII in 1899, the only Englishman to receive such an honor.

Saint Bede the Venerable, you were a holy monk who embraced his vocation with zeal and devotion. You prayed, studied, and wrote in accord with God's holy will. By your hidden service to the Church, God influenced popes, saints, monks, and countless others in ways that we will only understand in Heaven. Please pray for me, that I will embrace my vocation with all my heart, so as to live my mission and discover my own path to holiness. Saint Bede the Venerable, pray for me. Jesus, I trust in You.


Please join us for morning tea after the 9am Mass

NEW ROSTER NOW AVAILABLE IN SACRISTY. PLEASE PICK UP A COPY.

NEXT WEEKEND'S ROSTER

27/5/2023 & 28/5/2023

THE ASCENSION OF THE LORD YEAR A

	Saturday 7pm	Sunday 9am	Sunday 10.30am
Acolyte		Lorraine D	Paul C
Reader1	Mary C	Kath M	Mary Cam
Reader2	Margaret B	Rebecca R	Suzanne N
Prayers	Miriam B	Bernadette W	Grandchildren
TV		Melanie H	Mary A
Music		Mark Q	Karina S
Music		Helen F	Noelle T
Music		Marisa Q	
Music		Keith W	
Morning Tea		Sophie R	
 FLOWERS	Hannah A		

Parish Roster

Thank You!

*Thank you to all our volunteers, we really appreciate it!
If anyone would like to join our parish roster please contact the parish.*

ACKNOWLEDGMENT

We acknowledge the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

SAFEGUARDING MISSION STATEMENT

We the people of St Benedict's Parish are committed to fostering a community of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.

If you have a concern for the safety and wellbeing of a child, young person or vulnerable adult, tell someone who can help. These people in our parish can help:

Fr Shansana 0437 884 233 - Lorraine Dailey 0416 081 882 - Office for Safeguarding 8379 1605.

PARISH OFFICE HOURS:

Mondays & Fridays: 9.30am to 2.30pm

Parish Office: 02 9653 2312
Email: arcadia.parish@bigpond.com

Parish Administrator: Fr Shansana Samarasinghe OSB
Email: sanshanasamarasinghe@yahoo.com
After hours: 0437 884 233

Address: 2 Fagans Road, Arcadia NSW 2159
Postal address: 121 Arcadia Rd, Arcadia NSW 2159

Website: www.bbcatholic.org.au/arcadia
Facebook: stbenedictsarcadia

MONASTERY: 9653 1159



BANK DETAILS for ONLINE only donations:
BSB: 062 784 **Account:** 100002141
Account Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund

For all parish Occupational Health & Safety and Safeguarding Children matters Contact:
Lorraine Dailey on 0416 081 882.